

THE BUGLE

ISSUE 275
NOVEMBER 2020

THIS ISSUE

Calling All Foreign Correspondents

A Dream Realised

Padre's Ponderings

Christmas and New Year Events

The Deployment Newsletter is produced for families and service personnel associated with current overseas deployments



THE BUGLE

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Deadline

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Bugle contributions are welcome and should be sent to Carol Voyce.

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Cover Photo:

Personnel test equipment during a training exercise at Lake Alta in the Remarkables mountain range near Queenstown, in preparation for deploying to Antarctica this summer.

GUEST EDITORIAL

CDR Kelly Begg

J1: Joint Personnel
Headquarters
Joint Forces New Zealand



2020 has been a challenging year for people – including the unprecedented frequency with which the word unprecedented has been used to try and describe how much things have changed.

At Headquarters Joint Forces New Zealand (HQ JFNZ), the year started with deployments overseas to assist Australia as they faced a crisis with bush fires that were so severe they affected the light and weather in New Zealand (NZ). The memory of the White Island eruption was still fresh in people's minds and Sean Connery was alive and well. Things have changed dramatically since then, with the fires seeming a distant memory (even as we look at how we might be asked to assist again with the new fire season beginning).

The Covid-19 pandemic has affected everyone. The families at home rode the rollercoaster of initial concerns as the disease reached NZ, several lockdowns and the need to remain careful while still supporting their loved ones. Our people overseas have all been impacted in different ways, with their own lockdowns and restrictions. No-one has had the deployment experience that they expected this year.

Many of our people on deployment faced the unusual circumstance of worrying about the safety of people at home as the disease looked like it was taking hold in New Zealand in March, as well as the normal separation challenges a deployment brings. This was compounded by the effects of lockdowns and managed isolation which meant that if something had happened, an immediate return home was no longer possible.

The challenges that have been faced have shown the best of our people. Our families have demonstrated their resilience through trying times, continuing to support their loved ones through their challenges overseas and dealing with the stresses at home. Shortly after the lockdown ended, many of our currently deployed people said farewell to their families and got on a plane into a new world, knowing that the pandemic was ongoing, and we are soon to see their safe return home as the next rotations depart.

There have been questions about why we continue to send our people overseas at the moment. From the start of lockdown, the NZDF has maintained our deployments and overseas commitments to vulnerable or challenged nations, even when the operational tempo has been restricted in some cases by the constraints of that nation's pandemic response. It is important that we honour our commitments to support nations who have peace and security challenges. These are amplified by the pandemic, and our contributions remain more important than ever. In particular, the security and medical challenges for Lebanon have also been compounded by the

devastating explosion in August.

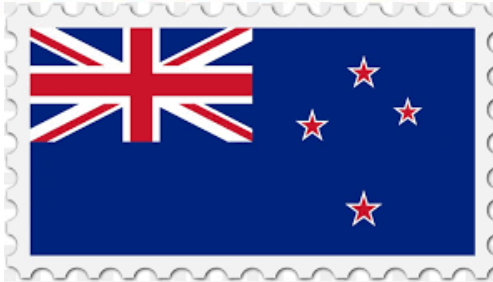
Instead, HQJFNZ and all our missions make an effort to manage the risks. Every person who deploys is carefully vetted, with medical screening specific to Covid-19 risks as well as usual deployment health and issued with extra personal protective equipment like masks, gloves and hand sanitiser. The risk to NZDF personnel overseas of severe Covid-19 disease is low and our people by virtue of higher overall levels of medical fitness, are at even lower risk. Missions are also doing their own form of Managed Isolation or Quarantine for people arriving, and many have been successful in keeping Covid-19 either out of their location or preventing the spread through contact tracing and other measures. While there will always remain a risk, we are confident that the risks faced are mitigated as much as possible.

In November, we are now seeing Christmas music in the shops and decorations springing up, and starting to see the end in sight of a year like no other. While we are almost ready to breathe a sigh of relief and see what 2021 brings, we are also wary that there is still time left – and another month to tick off the disaster bingo card.

For all our families, deployed and deploying personnel – you demonstrate the best of the NZDF, supporting each other and those countries overseas who need it. This year, and the NZDF's contribution to the Covid-19 response have highlighted the demands and the challenges of what it means to serve.

He waka eke noa – We're all in this together. Kia kaha.

POSTCARD



CALLING ALL FOREIGN CORRESPONDENTS

The Bugle is our main way of communicating with families and those deployed. Our families are always looking for news from abroad and are often disappointed when there are no articles or photos from many of our deployment locations.

So asking for all budding journalists to send us the latest updates on your life so far away from us all. The deadline for contributions is the last Friday of each month. If writing an article seems an overwhelming task, then consider writing in a "Postcard format" - short paragraph or two and attaching a photo.

Not only will you keep your family and our many readers entertained and informed, you will keep the mission and your good work in the public eye. Look forward to hearing from you.

Email Carol or Janine for more information or with your contributions.

NZDF Personnel

All Deployment Locations

Across The World

Team of Military Hydrographers Among NZDF Personnel Deploying to the Ice

Friday 30 October 2020

A team of military hydrographers are among New Zealand Defence Force personnel bound for Antarctica as part of the NZDF's long-standing commitment to supporting scientific and environmental programmes on the ice.

Five NZDF personnel are already in Antarctica for the summer season, working as part of the support team at New Zealand's Scott Base.

Soon a team of six from the Royal New Zealand Navy dive and hydrography unit HMNZS MATATAUA will join them. The team will carry out an underwater survey to assist Antarctica New Zealand with logistical planning for its Scott Base redevelopment project.



Commander Joint Forces New Zealand Rear Admiral Jim Gilmour said the NZDF had been providing support to Antarctica programmes since the 1950s, making this one of its most enduring missions.

Antarctica New Zealand Chief Executive Sarah Williamson said it was great to continue working with the NZDF for another summer season on the ice.

"Every season we look forward to NZDF staff joining our team at Scott Base, they help fill a variety of roles from communications support, to plant operators and logistics.

"This season the data gathered by the hydrographers will be a vital part of planning for the biggest project Antarctica New Zealand has ever undertaken, the Scott Base redevelopment project," she said.

Under Operation ANTARCTICA, the NZDF's support usually runs for about five months each year.

During the 2019/20 summer season, the NZDF sent 132 personnel to the ice with another 26 personnel based at Harewood Air Movements terminal in Christchurch, supporting flights to and from Antarctica, including for the United States Antarctic Program.

Last summer, the NZDF sent cargo handlers, engineers, drivers, aviation refuellers, communications operators and base support staff to Antarctica.

Rear Admiral Gilmour said a smaller number of NZDF personnel were going to

Personnel test equipment during a training exercise at Lake Alta in the Remarkables mountain range near Queenstown, in preparation for deploying to Antarctica this summer.



the ice this year, due to Antarctic programmes operating a reduced season to minimise the possibility of Covid-19 entering the continent.

The Senior National Officer for Operation ANTARCTICA, Major Andrew Thornton, said all those deploying were meeting Antarctica New Zealand's requirements, including undergoing Covid-19 testing and a 14-day managed isolation prior to departure.

"Antarctica is obviously an incredibly special and unique environment and we take our responsibilities seriously to keep it that way," Major Thornton said.

It will be the first time HMNZS MATATAUA hydrographers have deployed to Antarctica and Lieutenant Commander Peter Jensen, the officer in charge of the military hydrographic group, said they were looking forward to the challenge.

"Our aim is to collect hydrographic data from the Pram Point area of Ross Island. This information will be used to verify previous work conducted by Antarctica New Zealand and confirm specific logistical requirements for the Scott Base redevelopment project and ongoing scientific operations. We're excited about going, and hope the weather plays ball."

Lieutenant Commander Jensen said to collect the data, the team planned to use a single beam echo sounder, lowered through holes in the sea ice, set out at five metre intervals.



A RNZAF C-130 Hercules in Antarctica (FILE PHOTO)

The hydrography team is expected to be in Antarctica for three to four weeks.

To prepare for the complexity of working in Antarctic conditions, during winter this year the hydrographers and divers carried out a one-week training exercise at Lake Alta in the Remarkables mountain range near Queenstown. They tested their survey and underwater search equipment to see how the gear would react in a cold environment.

Antarctica New Zealand staff, as well as ice diving experts from the New Zealand Police National Dive Squad, were involved. The training exercise helped the team identify limitations of equipment in operating under an ice sheet, and determine the best method to use to collect the survey data.

This summer, the Royal New Zealand Air Force is scheduled to operate about a dozen flights to Antarctica using C130H Hercules and Boeing B757 aircraft to transport cargo and passengers. The flights are due to get underway in November.

Source: NZDF Media Release

FOREIGN CORRESPONDENCE

News from Antarctica

Articles and opinions from Foreign Correspondents are not necessarily those of the NZDF

A Dream Realised

Hi I'm Laochailan McGregor, I am 23 years old and from Pukekohe, South Auckland.

I joined the NZ Army in 2016 as a Plant Operator and have been fortunate enough to have been deployed to Tropic Twilight in 2018, Hamel in 2019, Australian Bush Fires in 2020 and now Antarctica.

Antarctica has always been a dream of mine since I found out Plant Operators could deploy there. I imagined how awesome it would be to be the second McGregor to be on the continent. Following in my grandfather's footsteps who set foot on Antarctica in the late 70's.

My Antarctic journey started with NZDF PDT then two weeks of Antarctic Awareness Training, which included 5 days of fire training and a further two weeks isolation period due to Covid-19 at the Merivale Apartments. At first it seemed like a long time, but it was an absolute breeze. We were fed three big meals a day and there were unlimited snacks, the hardest part was trying not to over indulge. Daily workouts were on the cards as we all tried to stay fit, it was really neat to see the whole group get involved in some way or another. There were lots of little well-being activities. Some people worked remotely on laptops or computers, some studied for uni and once we were all cleared through Covid testing we came together for some final team and leadership training before deploying south.

After 14 days of isolation, three Covid tests and a 24hr flight delay I was ready to get onto the C-17 and head down to the ice, finally the day had come. 5am wake up, loaded our gear into the shuttles and headed to the USAP Terminal. Once the final brief had been done, through the scanners and onto what I thought was the exact bus Andy Dufraim from Shawshank Redemption was on when he arrived at prison. Stepping on the bus, I was standing in front of a behemoth C-17. By far the angriest, largest plane I had ever seen.

Once inside I couldn't believe the size of it. I sat down and had people either

side of me and in front of me, but still had room to stretch my legs out. A few hours into the flight we got to see a small piece of ice from a small window towards the back of the aircraft, what a beautiful sight to see. This put into perspective how truly beautiful and vast Antarctica is, and how small I was.

Touch down on the ice shelf was an odd feeling, but we had landed. So many questions were going through my head, but the main one was, "Am I really here?" The entire build up to this moment, the PDT, ANZAP Training, covid tests, isolation, saying goodbye to my partner and family and now I am finally here.

As the youngest NZDF member here on ice, I had the honour of lowering the winter flag and raising the summer flag. We practiced inside beforehand and I thought it would all go to plan; the weather had another idea. It was around -25C and we weren't acclimatised yet. All the layers of clothing made everything difficult from marching in the snow to doing clips with thick gloves on. The winter flag was lowered, a speech by the winter leader, then the flag was presented to a member of the winter team voted as MVP. The summer flag was then handed to me, tucked under my arm I marched back to the flag pole to raise it. I started to raise the flag and my heart dropped as the flag unravelled. I couldn't look down because of my goggles. I continued to raise the flag and there she was, the beautiful NZ flag waving in the Antarctic winds. It was an honour and a moment I will never forget.

To ensure that we have the skills required to survive in the harsh climate and can operate safely outside by ourselves we completed AFT – Antarctic Field Training. We learnt about the environment, cold injuries, waste management, how to set up tents and built a field kitchen. The kitchen was a dug-out semi-circle with a wall made from ice bricks, kind of like a half-built igloo. I took a NZ flag and put in on the wall to give it a kiwi touch.



The night was spent out in the elements, -40C windchill, which was challenging but survivable with the kit that ANTENZ issues us and the correct layering.

A day-to-day routine for a plant operator in Antarctica involves; a safety tool box meeting, allocation of jobs, weather and safety shares. Every day we begin with the rubbish pick up and operating heavy plant loaders moving 'Mount Palmerston', a mountain of snow one of the winterers had made, he was from Palmerston North and was upset that there weren't any mountains around there so he made his own. Other tasks include dozing tracks over the sea ice and around base ensuring people can move freely and safely, odd jobs around the place that include heavy movements.

There is a lot of fun things to do here at Scott Base, lots of walks up mountains and over the pressure ridges, PHAT bikes, darts, board games, pool, sauna, gym and plenty more.

It's one of the most beautiful places in the world and it's so easy to get caught up in the job you are doing but I have to stop some times to remind myself where I actually am and what an amazing opportunity I have been given by the Army.

MFO Sports and Athletics

LCPL T P W Morrison
Driver, NZCON

As the end of our deployment draws closer the driving team has been participating in sporting activities and social functions with other members of the MFO.

CAPT Horn the most naturally talented and athletic member of NZCON was nominated as captain of the Average Bro's dodgeball team. Leading training for the tournament against other MFO teams with his fellow teammates was an awesome experience. Strategising, tactics and ball skills were trained hard leading up to the tournament. As game day came, it was key to start strong against the three FIJICON teams which NZCON managed. The team dominated FIJICON, AVCO and URUCON. Unfortunately, we suffered a close defeat to CANCON in the final resulting in a 2nd place for NZCON which was still a very positive result and I was very proud of the team's

performance on the day. At the end of the day it's all about having fun.

NZCON also participated in football, which was a really exciting game to play. NZCON didn't have enough numbers so we combined with AUSCON, creating an ANZAC team. We played a few games throughout the month placing first in our pool. As we stepped into finals, we



Team Leader CAPT Horn setting the standard



SGT Oldehaver awarding 2nd place to the player of the day PTE Wilson

faced CANCON in the semifinals beating them 1-0. Our next opponents were ITCON in the grand finale, narrowly losing to them. Yet again another 2nd place.

NZCON participated in two fitness events, one being the 5 x 1 perimeter (3.2km) relay. The event kicked off with a hiss and a raw, with CPL Bowen giving NZCON a nice lead from get go. The transitions between the NZCON competitors were smooth and the mana they were displaying in the hot Sinai weather was making our lead more solidified as the event went on. NZCON came in with the gold medal, with a time of 1:05:07. Overall a good day for NZCON.

FOREIGN CORRESPONDENCE

News from Sinai

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NZCON Fit Five Team pose post-event

The next fitness event was the Fit Five. The event consisted of a 5km run, 100 burpees, 200 push ups, 300 squats all to be done in sync. Finishing with 1km row each, broken into two 500m legs. NZCON entered two teams. One being the A team and the other being the social team. Again the NZCON A team showing their drive to be the best, coming in first from the run and quickly getting straight into the exercises. The team were in the hurt locker but remembering the NZCON motto, the team “stayed in it”. Finishing in 1st place with a time of 55mins. The NZCON social team also represented us well and with pride coming in at 7th place. At the end of the day it was a

good opportunity to get out there and compete with the other contingents, showing sportsmanship and comradeship the MFO needs and ultimately builds its foundation on.

All of the sporting events which have been run during our deployment in the Sinai have been for the MFO sporting and athletics championship trophy. NZCON was fortunate enough to win the trophy at the beginning of the deployment and have successfully retained the trophy for the 6 months in Sinai. An incredible effort by not only those who competed in events but to those who have supported the teams throughout. Hopefully the next rotation can defend the trophy as long as we have.

The combat driver section has thoroughly enjoyed their work here in the Sinai, completing multiple tasks over their 6 months and clocking up a lot of km’s on the road. We have upheld good standards on the road and displayed very good driving skills. During this deployment it was noted that this driving section had a high standard of fitness which was shown with us all completing the G1 fitness standard. For some of our drivers this has been a really good opportunity to develop their leadership skills to aid them in their military career moving forward. Overall, it has been a good trip. Until the next.

NZDF has four core values:

Courage | Tu Kaha - Taking action despite your fears

Commitment | Tu Tika - Giving your best

Comradeship | Tu Tira - Respecting and looking out for each other

Integrity | Tu Maia - Doing the right thing – always

Senior National Officer Farewell to Op FARAD 20-01



LTCOL Aaron Wright
Senior National Officer

Op FARAD 20-01 are now all located back in South Camp, the primary operating base of the MFO on the coast of Sharm el- Sheikh with only days to go until they start their journey home. Their time with the MFO has been unlike those before them. Like everywhere else in the world, the effects of COVID-19 have been profound, and it has taken significant organisational and personal adaption to work through the complexities of the new environment. The past six months have passed quickly, and the world has proved no more settled than when they departed Aotearoa without fanfare or collective family farewells in April.

When individuals make their nomination for operations, it is done against the knowledge you have at that time. Everyone, across both contingents made their decisions to serve with the MFO at a time when COVID-19 was not a thing. Stories of splendid adventures, tours of Pyramids, Petra and the Holy Land, diving in the Red Sea, social calendars that would rival the Kardashians and the opportunity for cheap international travel to Europe were some of the things that lured people to Op FARAD.

Regrettably, for Op FARAD, this has not been their experience. There has been very little opportunity to travel outside of the 2km² razor wired compound of South Camp for anything other than mission essential work. The work has often been repetitive, taking long hours to complete in sometimes trying conditions with little respite. It has been like many other operations, been hot, hard and sometimes tedious work 15,000 kilometres away from

home.

Despite the routine of it all, the members of 20-01 have achieved much. They have forged together as a group that amongst the MFO is distinct. They have been impressive without arrogance (maybe just a little), they are fiercely competitive (having won nearly every sporting and military competition), have a strong sense of identity and spirited in bringing more than just a little Kiwiana to the other 13 military contingents and 23 countries represented in the MFO. They have been conscious that for many of the personnel in the MFO, they may be the only Kiwis they meet and have made an excellent impression.

It is always a pleasure to be able to congratulate people who do not only meet expectation, but exceed it on a regular basis, and 20-01 have been such a group. As always, there have been highs and lows, but the teamwork and esprit de corps that have been shown and the willingness to share in the successes of other contingents have been frequently commented on.

At the time of writing, the MFO is experiencing another lock down in response to some positive cases of COVID-19 being detected in our small community. I am sure that the irony of this is not lost on 20-01. Their pre-deployment training was truncated in haste to get everyone home before the nationwide lock down in March, deployment via a mix of aircraft was interesting to say the least, weeks spent in solitary isolation, with more to do on return to Aotearoa. And there are currently several of the contingent in quarantine due to close contact with positive cases. The planned hand over with 20-02 is likely to be impacted as

well as work is undertaken to get this under control and return to focusing on the core mission.

The contribution that New Zealand makes to the MFO is important and your loved ones, family members and friends have meaningfully contributed to the sustainment of a lasting peace between Egypt and Israel. They have been valued and loyal Servants of Peace, and the MFO is all the better for having had them serve in the Sinai. You should be rightfully proud of their service and achievements.

It is important and fitting to recognise the sacrifice made by spouses, partners, parents, children and wider whanau as the closing piece to this article. Many of you aspired for African, Middle Eastern or European holidays, many wanted to have the opportunity to re-unite with loved ones during their operational service and most wanted family members to be able to share in important life events. There have been many births, deaths and marriages and untold birthdays and anniversaries of whanau and close friends that could not be physically attended. A virtual presence at these significant events was a poor substitute. Your understanding, tolerance, and most of all your support have been critical to enabling the success of Op FARAD. Without your continued sacrifice and backing, deployed persons would lack the means to “*Stay In It*” (motto of Op FARAD 20-01). You are without doubt the foundation upon which every successful operational deployment is built.

Ngā Mihi maioha (Thank You with appreciation)

DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

resentment and argument. Our experience shows that deployments can actually enrich relationships. Give praise where it is due. Talk about any difficulties you may be experiencing and seek help and guidance from us if you need to. We are still here for you all.

Some recent research shows that you have huge advantages over your civilian counterparts. Your experiences and that of your children, make for greater resilience, confidence and independence. In times of loneliness and "testing" children, this may be hard to believe, but the rewards will become evident into the future.

Many of you will anxiously be awaiting return dates and times for some locations. We do not have these but will be sure to pass them on when available. Arrival back in New Zealand at this time, will not have the usual fanfare we are accustomed to for homecomings as service personnel will be required to meet the government requirements of 14 days in Managed Isolation. Where they go and in what location is decided upon by those who plan and manage the facilities used. It is not normally known until one arrives back in the country. Still, let's hope you have some peace of mind that your loved one is back on home soil.

For those who have just farewelled loved ones, please be assured that we are here for you all. The Bugle is our main way of communicating with you, but we are only a phone call away and always love to chat. I look forward to catching up with you all in our last Bugle for the year next month. It is usually a bumper issue, so be sure to get your Christmas messages into us by the 1st of December to ensure your greetings spread cheer across the world.

Kind regards

Happy November.

What a year it has been. Looking back we have all coped with much change. Our summer months came to an abrupt halt with COVID in our midst and our lives changed markedly at home and abroad. And it still does. We are all unsure how the next year will unfold. Meanwhile in this time of uncertainty, we still continue to deploy our service personnel on overseas missions. These Kiwis are valued and respected for their contributions world-wide—something that certainly could not be achieved without the support from those at home. You need to remind yourself that your contributions and sacrifices are equally important.

Over the past few weeks we have farewelled service personnel to a variety of locations world-wide and eagerly await the return of others. While many of you will be thinking about home comings, others will be making that adjustment to being home alone or parenting alone and their journey is just beginning.

Reunions can bring feelings of excitement, anticipation and anxiety. Things have changed – those at home have become more independent,

developed new friendships and skills, new routines, financial freedom and even sole control of the TV remote! Those deployed have changed too, even though they may be reluctant to admit it. They have experienced life in a new land, with new people and like you, have experienced times of loneliness, frustrations and joy. – Whichever side of the fence you have been on during this deployment, the experience will have made you a "richer" person for it.

The key to successful reunions is communication. Many of you will have made plans for holidays, family times and the celebration of special occasions. Coming home is an emotional time and adjustment takes time too. Those returning may need some gentle guidance in a household where routines have changed, children have grown and everything seems somewhat different. Avoid getting into the "who had it worse debate." The truth of the matter is that the separation has been difficult for all of you.

Have realistic expectations. Readjusting to home and work life is a process not an event! How long this process takes, differs for everyone. If things don't quite go to plan, then discuss them. Ignoring them won't solve the problem and can lead to



Janine Burton

Deployment Services Officer

At this time of the year there is a considerable changeover of personnel on various deployments around the world. We know that some of you have recently said goodbye to a loved one who will be away anywhere from six to twelve months, or maybe a little bit longer in some cases. For another group that departure is still in the very near future. We also know that saying goodbye can be very, very hard, even if you have been through the process before—it never seems to get any easier. And it can be just as difficult for parents as it is for partners and children. Your sacrifice is adding to the great contributions that our people make in all sorts of situations and environments around the world. You are definitely a part of deployment and we believe that you are all heroes in our eyes.

We have been trialling a social media app with one of our larger contingents with a view to family members supporting each other. I am really

impressed with the postings so far and the care and encouragement being shown. This was definitely our goal when launching the trial. Information has gone out to the families concerned and I would urge you to join if this is you. We hope that in the future we might be able to open it up to all missions, but we needed to test the waters first—so far, so very good.

I have been very fortunate in being able to take a brief time away and I know that there were a few people who rang the 0800 number, thinking that they were going to be chatting to me, only to have Carol answer the phone. This is the way we are able to take personal leave, while still keeping connected to you when you call. When Carol next takes a period of leave, it will be that you will have the pleasure of chatting to. Over Christmas we will be sharing the phone duties, so it will be a complete surprise who you will chat to then! We haven't worked out our roster yet.

My time away was to attend a family wedding in the Waikato. Getting an

invitation was totally unexpected and we were delighted to attend the marriage of my nephew and his partner/now wife. The weather played its part too and we had a great day. As we were up that way we also spent a few days with my mum in Tauranga and catching up with other rellies as well. We were away for just one week, but it was wonderful. The biggest bonus though, is that we were able to take the opportunity to do all our Christmas shopping!

As soon as we moved back into Level 1, we arranged for us to hold a deployment dinner here in Linton. We hosted Manawatu-based families of those currently deployed and also three families who were about to farewell their deploying person. We were a small group, but as always the food was great, the company relaxed and chatty and the Mess staff attentive and obliging. Thanks Kola!

We are currently planning our final event for the year which we hope will be a dinner for the entire community—we will include our deployment families with this. Our dinner will be Christmas themed but will also acknowledge what an incredibly difficult year we have had to face as a community, with COVID still heavily impacting on the military with our commitment to the various MIFs (Managed Isolation Facilities) around the county, which we expect to take us through to the end of 2021 at least. What a complex time we are living in. The moving parts are all still falling into place so once I have the confirmed date and time, I will be emailing our Manawatu families to come along and join us.

I'm not even going to do that horrible count-down until Christmas thing—it is going to be here before we know it and then it will be 2021.

Take care.

We are here for you!

Need advice, support or information to manage the deployment journey?

Contact Carol Voyce, DSO Burnham **0800 337 569**

or Janine Burton, DSO Linton **0800 683 77 327**

CHAPLAIN'S PEN



CHAP Ken Diekema

RNZAF Base Woodbourne

When he saw the violence, death, and lack of human compassion he yelled 'stop' and attempted to put an end to the event. The crowd that loved their spectacle was angered that someone would do such a thing. Telemachus was put to death on the spot for his intervention so that the spectacle could continue.

Theodoret of Cyrus wrote that this event played a significant role in Honorius the Emperor putting an end to the gladiator games.

Telemachus teaches us at least two leadership lessons

"Firstly, to lead in such a time, one must break from the culture of passivity and spectatorship and be proactive, decide to no longer be slavishly controlled by a culture that pushes us toward passivity. Secondly, when a leader makes this step, there is always a cost." –Mark Sayers *'Facing Leviathan'*

He also provides a reminder... the crowd is not always correct in their thinking. The things we tolerate or permit, though popular and approved by the masses, may be nothing more than a bloody spectacle that needs to be stopped.

Let us pray for the wisdom to know when action is needed.

Padre's Ponderings

The Spectacle and Telemachus

The first-century Roman satirist Juvenal complained that Romans had abdicated their responsibility to make a better society and instead were more anxious about 'bread and circuses', referring to feasting and the blood sports that were considered entertainment in the Roman Empire.

The Roman culture loved the spectacle of blood sports in the Colosseum. Crowds would sit and watch the endless gore and blood. One day in the early fifth century a brave and noble man named Telemachus felt convicted

to speak against the atrocities before him.



Armistice Day—11 November

After four terrible years, fighting in the First World War finally ended with the signing of an armistice between Germany and the Allies on 11 November 1918. On the 11th hour of the 11th day of the 11th month, the guns fell silent. New Zealanders celebrated enthusiastically, despite having recently celebrated the surrenders of the three other Central Powers—Bulgaria, Turkey and Austria-Hungary—and the premature news of an armistice with Germany.

The limited amount of advance warning and the disruption caused by the influenza pandemic contributed to the enthusiasm with which New Zealand's official peace celebrations in July 1919 were embraced.

Source: nzhistory.govt.nz/war/armistice-day

DOG TAGS

Dog Tags are available for families of tri-service personnel deployed abroad with the New Zealand Defence Force. We have recently expanded our project to not only offer them to children of Mums and Dads deployed but also to other immediate family members – like Mums, Dads, Brothers and Sisters, Grandparents! Sorry, not for pets though!

Wear your dog tags with pride or simply tuck them away for a future keepsake. All we ask is that you DO NOT identify the location of your loved ones deployment but rather, if asked, simply say overseas!

The Dog Tag Project is a huge success and a real favourite campaign for many. Children love wearing the dog tags. For schools, teachers are reminded that a child has someone special absent from their home and sometimes need a little extra attention and understanding. Dog Tags are a great talking point when families are out and about and give others the opportunity to acknowledge the sacrifices families make and the chance to acknowledge the commitment that our service personnel make abroad. Now with the added – “I have someone special deployed” we can all share in the pride, commitment and sacrifice.

Dog Tags are available from the Deployment Services Officers. We are happy to post as required.

Please contact either:

Carol—DSO Burnham
0800 337 569 or dso.burnham@xtra.co.nz

Janine—DSO Linton
0800 683 77 327 or dso.linton@xtra.co.nz



My Dad is deployed overseas with the New Zealand Defence Force

My Mum is deployed overseas with the New Zealand Defence Force

I have someone special deployed overseas with the New Zealand Defence Force

Deployment Support Services

Need information?
Need support?
Need a listening ear?
Need to send an urgent message to a deployment location?

Deployment Support Services are here for you

All personnel on deployment and their families have the support of the Deployment Services Officers (DSOs). In addition there is support from Unit Points of Contact (UPOC) and local Welfare Support Services. The nominated Primary Next of Kin (PNOK) of families of deployed NZDF personnel should, in the first instance, contact their DSO who has a responsibility for transparency into welfare issues.

Deployment Services Officers:

Linton—Janine Burton
Ph: 0800 683 77 327

Burnham—Carol Voyce
Ph: 0800 337 569

Added to this, there are other very valuable support networks available in your local region.

For additional support and services:

Army:

Defence Community Facilitators:

Waiouru:

Carolyn Hyland—Ph 06 387 5531

Papakura:

Ph: 09 296 5744

Burnham:

Kathryn Hodgkinson

Ph: 03 363 0322

Linton:

Lesley Clutterbuck—Ph: 06 351 9970

Trentham:

Christine Grant—Ph: 04 527 5029

Air Force:

Defence Community Facilitators:

Air Staff Wellington:

Linley Williams—Ph: 04 496 0555

Base Auckland:

Kylie Smedley

Ph: 09 417 7000, xtn 7035

Base Woodbourne:

Claudia Ayling—Ph: 03 577 1177

Base Ohakea:

Bridget Williams—Ph: 06 351 5640

Navy Community

Organisation:

Ph: 09 445 5534, 0800 NAVYHELP
nib@nzdf.mil.nz

Local Chaplaincy Services

Unit Point of Contact

THE SIMPLEST WAY TO BUILD UP YOUR SAVINGS

Have you ever wondered why:

- At the end of the month you have very little money saved? Or,
- Maybe you were going to put money away in your savings at the end of the month, but then wonder why there is little to nothing to put away?

Both situations are common. Even before the Covid crisis struck, it was widely known that nearly 4 in 10 Kiwis were living “pay check to pay check” – a number that’s surely got worse. The same research found that only 20% of Kiwis would be able to cover their living costs for just one week if they lost their job.

There is a simple method to breaking this frustrating savings issue: pay yourself first.

“Pay yourself first” is a popular phrase and strategy in personal finance that means you are automatically designating money from each pay check at the time it is received to your savings, investments, retirement fund, or other avenues that help you build wealth. It might better be described as “pay your future self first”.

The concept is a simple one: that money goes towards your financial goals first, before paying any monthly bills, debts, or using it for any spending.

Sometimes, the *pay yourself first* strategy may also be called “reverse budgeting”. This is because instead of prioritising your money around bills and debt, it’s based on your retirement and savings goals.

Why do it?

For many of us, after meeting all our expenses (food, tax, transport, power, phone, rent/mortgage, debt, student loans, etc) there never seems to be enough left to invest or save.

That’s why the *pay yourself first* method is critical. Most people try to save money based on whatever might be leftover, instead of a set amount first. When you switch to the pay yourself first strategy, you have a much better chance to reach your goals and stick to it when you see progress.

Prioritise your life

“*The main thing is to keep the main thing the main thing*” Stephen Covey, bestselling author of *The 7 habits of highly effective people* .

This method of money management teaches prioritisation – your major life goals come first. By taking control over your money, and starting to take small steps towards big goals, you’ll soon feel more confident and assured. This can be a huge motivator and no longer will you be lumped into some of those dismal NZ statistics about money.

How to pay yourself first

Simple: create automatic transfers from your regular bank account to a savings account. Once you’ve built up enough of a cash buffer to cover any emergencies, consider investing instead – perhaps in something simple and flexible like a managed fund.

In addition, if you’ve got a “side hustle” or have any source of part-time income, irregular bonuses, employee allowances, or anything of the sort, try to save or invest all of it that you reasonably can.

(That said, if you have high interest debt, like credit card debt, then it's nearly always a good idea to commit yourself to repaying that first).

In a small way, most employees already do this by making a small contribution to KiwiSaver from each pay check.

Adjust to suit

Aside from KiwiSaver, once you get a good habit going, you can take a bit more time to really think about a set of goals – maybe splitting them into short, mid, and long-term. Even if your goals are very straightforward, knowing these and creating a plan will help solidify the habit of paying yourself first. Plus, depending on your goals and the plan to achieve them (such as “save \$X,XXX per month towards a house deposit of \$XX,XXX in X years”), your savings rates may need to be adjusted – you may get more aggressive cutting expenses to save even more. Being methodical with your approach will help you stay motivated and stay on the right track.

Great theory, but is it realistic?

If someone is in the habit of paying themselves last, it might be a challenge to imagine how shipping \$100 out of a regular budget is realistic. Many people



worry that paying themselves first means running out of money later—if you're struggling to keep up with your current lifestyle, how can you afford to pay yourself first?

The answer is simple: just do it.

If that means that at the end of the monthly or fortnightly pay cycle there's a little scramble to meet any unpaid bills, then so be it.

In the famous book, Rich Dad Poor Dad, the concept of paying yourself first is one of the most important practical tips about getting started. The self-made multi-millionaire author, Robert Kiyosaki, encourages discipline and learning the habit to pay yourself first, even if you're short of cash – he takes this to the extreme and says that even

if you have to find ways to earn more because the Inland Revenue are chasing you, that's a good problem to have as it's motivational. Kiyosaki, a former US Marine helicopter pilot and Vietnam War veteran, says it's all about discipline:

“The power of self-discipline. If you cannot get control of yourself, do not try to get rich. You might first want to join the Marine Corps or some religious order so you can get control of yourself. It makes no sense to invest, make money, and blow it.”

This is because Kiyosaki knows that no matter how good your intentions are, if you don't pay yourself first, you'll wind up putting yourself last. No one wants a future lifestyle that's paid for with leftover change – we want to live our best lives now and in the future.

The Sum Up

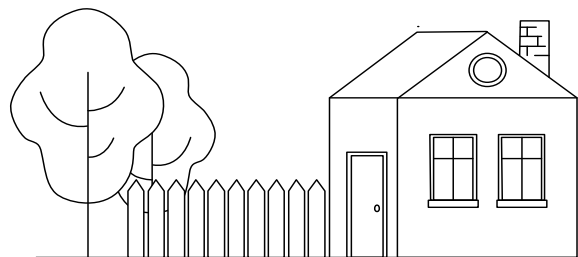
The earlier you establish this strategy with your money, the better financial life you'll have. Whether it's paying yourself \$50 or \$500 before you do anything else with your income, set up an automatic payment today. As you start to see your money grow, you'll naturally become more motivated to pay yourself more, or at least get comfortable with the idea of gradual increases!

*This article has been contributed by Joseph Darby, CEO and **authorised financial adviser at Milestone Direct Ltd.** This article first appeared on the Milestone Direct website. The views and opinions expressed in this article are those of Joseph Darby and not necessarily those of Milestone Direct Ltd. The views and opinions expressed in this article are intended to be of a general nature and do not constitute a personalised advice for an individual client. A disclosure statement relating to Joseph Darby is available, on request and free of charge.*

How to get hold of us

Please get in contact with us with any questions about your financial needs. Feel free to call us on **0508 Milestone (645 378)** or email info@milestonedirect.co.nz. There are no costs involved until an adviser has established your specific needs.

KEEPING THE HOME FIRES BURNING



Hello All

My name is Bob and I am the proud grandfather of Jed who is currently deployed to the Middle East. While he has been away from home for some years now, I have followed his career with much pride and am grateful for his dedication, hard work and the chance to get where he is today.

I enjoy The Bugle so much and as this is his first deployment overseas, I really get lots of pleasure following not only his deployment but that of others too.

I am sure Jed won't mind me sharing his story. As a youngster he spent his informative years growing up with me, his Grandmother and mother in a small Northland town. We established a great bond over time and he was always a great energetic, sporty lad, with a love of the outdoors. A chance meeting with some visiting soldiers at our RSA one day, set Jed on the path he has today. While I had always hoped he may follow in my footsteps, it had never been a major topic of discussion.

Jed is now further away than ever, but I wouldn't have it any other way. He is enjoying the experience and opportunities that a deployment brings and has made closer friendships with those he has deployed with and with people from other nations. We enjoy the chance to Skype every now and then and I can see a great maturity developing in this young lad which will help further forge his career path.

Thank you to everyone in NZDF who have given Jed such great opportunities, seen his true value and encouraged and supported him. I look forward to when he returns home over the festive season and spending some valuable time together in his home town and in our wilderness.

I hope you all enjoy your own happy reunions when the time comes.

Kind regards,

Bob

Surviving Deployment

Set a goal. Start that little project that you've been putting off. Start a course. Do something that will make you feel good.

Take a break. Take time away from your normal routine. Go to dinner with friends and arrange a babysitter. Plan an outing – ring friends to join you.

Pamper yourself. Treat yourself to a special occasion. Take a long bath, have a massage or read a book.

Don't feel guilty. Separation can be a stressful time, so "time out" from your daily routine is important.

Treat yourself to some retail therapy, but don't break the bank!!

Exercise and keep fit. Find fun activities and allow yourself to have a good time. Make a list of things that you like to do and then plan time to do them. Say "No" when you have to and be kind to yourself.



LOOKING BACK

Over the years, and over many deployment rotations, we have collected some amazing photographs. Rather than just storing them in our archives, we are going to share some of these incredible images with our readers over coming issues.

These images are from the United Nations Mission in South Sudan (UNMISS).





Deployment Dinner *Back on Thursdays...

Our last Deployment Dinner for 2020 will be held on
Thursday 19 November

If your partner is away on **19 November** we would like to invite you and your family over for dinner.

Join us at the Vince McGlone Galley HMNZS Philomel,
on **Thursday 19 November from 5.15pm onwards.**
Dinner is served from 5:30pm and we will finish up around 6:45pm.

It'll be great to catch up.
There is no cost to you for dinner. It's on us. It's our way to say
"Thanks for all the Support".

We will need to know if you are able to make it,
so please RSVP by **13 November** on **0800 NAVY HELP** or nco@nzdf.mil.nz
so we can save you/your family a spot.

Make sure that you and your family are registered on your
Partner's ESS (your partners **Dependants** list)
so that you can join us.

If you have any questions
please give us a call on 0800 NAVY HELP.

RNZAF Christmas and New Year Events



RNZAF Base Auckland

Village Green, Big Night In - Wed 9 Dec
POC: rochelle.rowe@nzdf.mil.nz

Kid's Christmas party – Sat 12 Dec
POC: kylie.smedley2@nzdf.mil.nz

RNZAF Base Ohakea

Ohakea Family Christmas Party – 6 Dec
Photography Workshop – 9 Dec
Village Green, Big Night Out – 17 Dec

POC: bridget.williams@nzdf.mil.nz

RNZAF Base Wellington

Community Christmas Picnic – El Rancho Waikanae – Sun 22 Nov

Personnel and Partners Function – Defence House Thu 3 Dec

School Holiday Camp – El Rancho 11-15 Jan 21 (8-12 yrs)

Registrations to: AIRDCFWN@nzdf.mil.nz

(These events are open to all RNZAF Base Wellington welfare fund members and their families)



RNZAF Base Woodbourne

Community Christmas Party – Community Centre
Sun 29 November

Outdoor Movie Night – Fri 22 Jan 2021

Registration to: claudia.ayling@nzdf.mil.nz



WHAT'S ON IN TRENTHAM?



FORCE FINANCIAL HUB HOUSING EXPO

Featuring:

- Mortgage Broker Service
- Local Construction Companies
- Local Real Estate Agencies
- Preferential Banks
- Home Improvement
- Heating / Ventilation

When: 18 November 2020
 Where: WGTN Area Sports Complex (WASC)
 At: Messines Avenue (across from TMC)
 From: 1100 - 1800
 Contact: benefits@nzdf.mil.nz



NZDF Trentham Wellness EXPO 2020

TRENTHAM MILITARY CAMP

Tuesday 8 Dec 2020
 1000-1400 HRS

Contact

christine.grant@nzdf.mil.nz
davida.oconnor2@nzdf.mil.nz

A FORCE FOR
NEW ZEALAND

MOVIES @ TRENTHAM

WHEN: 6 Dec 20
 @ 1500 Hrs – 2000 Hrs

WHERE: Rory's Field,
 Command Staff College

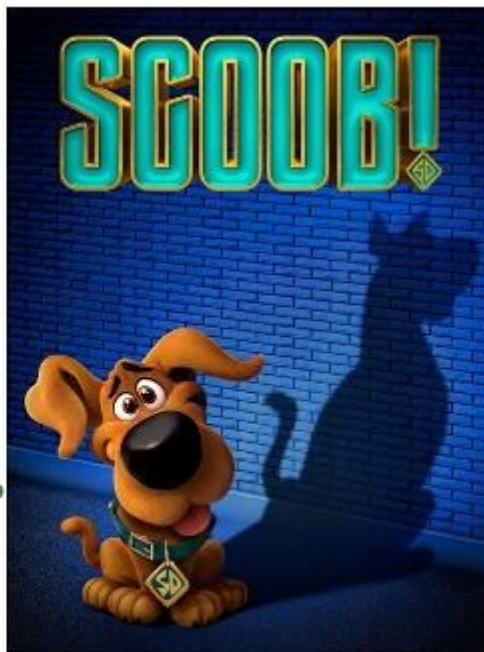
Come and relax with
 family & friends,
 and watch a movie or two

Santa's Grotto & JR's
 Mobile Bar (1730 hrs)

Registrations:

davida.oconnor2@nzdf.mil.nz
chris.grant@nzdf.mil.nz (TRSC DCP's)

Wristband Entry (Quick entry)



- ❖ Free to ALL NZDF Mil, Civ, Contractors, Cadets
- ❖ Bring a picnic & blanket to enjoy during the movie
- ❖ Bring a Gazebo or shade tent in case it's hot
- ❖ Entry Granville Road (back gate only)

- ❖ Plenty of parking, Food Vendors on site
- ❖ Wristband Entry – Pick up form Trentham DCF
- ❖ Alternate date if wet: Sun 13 Dec 20

WHAT'S ON IN LINTON?

LINTON CAMP EVENING PICNIC

Featuring:

New Zealand Army Band

Monday 9th November 2020

5.30 pm – 8.00 pm

**Sports Field beside the
Gymnasium**

Puttick Road, Linton Camp

Bring chairs, blankets, your picnic dinner and enjoy
the music.

Food Carts.

Bouncy Castle for the kids.



WHAT'S ON IN BURNHAM?

Burnham Christmas Gala

Thursday 26 November 4.30pm – 7.00pm
BURNHAM COMMUNITY CENTRE

NZDF & NZDF CONTRACTORS FAMILIES - FREE ENTRY
Includes all the usual rides, entertainment, Santa's Grotto, all food and drinks!

FOR NON-NZDF FAMILIES—ENTRY IS \$5 PER PERSON
NON-NZDF PRE-REGISTRATION IS REQUIRED BY 20 NOV.
PLEASE EMAIL: kathryn.hodgkinson@nzdf.mil.nz

NON-NZDF ticket includes: rides, entertainment, Santa's Grotto, a drink and candy floss only! So please eat before you come along. NO FOOD FOR SALE!

PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 1 December 2020 at 4.00pm**). Please note: All Bugle messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)



From In-Theatre

Kelly, Brooke & Jayden

Over half way through, I will be back before you know it. Jayden, make sure there is some beer in the fridge when I get back and I will get you a small quad bike (for your birthday) to race around the back paddock.
Tim

Hi Will

It was a great party you had. I loved the bouncy castle photos and seeing your friends have so much fun. Looks like you got lots of presents too and that Tiger cake was something very special. Being 3 years old is pretty cool. Love you and miss you and will see you by Christmas time. Love you and Mummy heaps, Daddy xxx

Granddad Bob

Happy 80th birthday. Hope you have a great celebration with family and friends. Look forward to sharing a beer and a few yarns on my return. Jed.

Dear Milly

Always thinking of you. Hope you are having fun at school and working hard. Good luck with the school play. I know you will do well and make us all proud. Miss you lots, Love Dad xxooxx

Cindy

Happy anniversary for the 20th. Sorry I won't be there with lots of red roses and wine but will be thinking back on our special day. On the countdown until my return. Be great to have our summer holidays at the beach. So looking forward to that. Take care, don't spend too much money. Love you Jerry xx

Happy Birthday Mum

Have a great day on November 26th. I will be thinking of you – probably pottering away in your gorgeous garden. I hope everyone spoils you and it's a special day. Beverley T xxx

Dear Granny and Poppa

I hope you have a great Cup week. I'm guessing things won't be the same as

usual, but hope the horses are in fine form and it's a lucky day for you all. New outfit and hat Granny? Hope you make your millions. Thinking of you all and enjoy the day. Mikey x

From Home

Hi Uncle Matt

Happy birthday to you, happy birthday to you, happy birthday dear uncle Matt, happy birthday to you.
From Dylan, Daddy, and Nannie. xx

Daddy Mike

We knew this heading would catch your eye from when Jodie was little. Hope the trip over went well and you are settled in. We are both good, missing you but doing ok. We know you will be doing a great job, and making friends with everyone - we love you and are proud of what you are doing, Your girls xx

Happy Birthday Jae!

It's a shame you're not here to join in our annual Triple Birthday Extravaganza but we are thinking of you, and missing you everyday. We will blow the candles out (10,000 times) on your behalf.
Love from Natalie, Isaac, Freya, Sully and Shuffle xxxxx

Dear Daddy T

On the weekend we went to the park and played on the slide. I can get to the top of the steps all on my own now and love going down fast through the tunnel. We went to Grandma's house and had some cheese scones and I helped Grandma in the garden. I hope you can come home soon. I miss you. Love from Timothy.

Hi Dad

All good here. It's getting more like summer. I have got some new pads for cricket for this season. I wanted a new bat but Mum said no so I hope you can talk her in to that one. They were great photos you sent us. It looks like you are

having a good time over there. We can't wait until you come home and we can all go camping for Christmas. Stay safe and talk to us soon. Love you heaps. George.

Aunty Sue

We all miss you but I know you will be home for Christmas. I hope you are having a good time there and meeting lots of nice people. If you get to do any shopping I would love a present. Love from Nicky xoxo

Happy Birthday Dad

We hope you have a great birthday on the 22nd. We have bought you lots of presents but are waiting until you come home. We hope that someone can bake you a cake and put on lots of candles. Mum said you will need 31 of them. That's a lot. Have a good day and Skype with us soon. Love you and miss you, Henry xx

Boss

Look forward to your return. Counting down the days and getting organised with all the jobs about the house. All our bookings are confirmed for the holidays so it will be great to laze in the sun and take a walk along the beach. Keep safe, work hard and see you in a month or two. Always love you, The wife xx

Daddy

I can do counting now and sing lots of songs. I like going to kindy and have fun there building things and playing. I can't wait until you come home so you can come and see the Fort and play with me. We could go to the park and maybe you could take me fishing. I love you. Myles xx



Send a Christmas Message ...

The December Bugle will carry many messages to a loved one deployed overseas, or from overseas to family and friends at home.

We know from experience that Christmas can be a particularly difficult time for deployed personnel and their families, at a time which is traditionally spent together.

So get your messages in by deadline date:
Tuesday 1 December

Op FARAD 20-01

So many exciting articles and photos came our way during your time abroad. Thanks to those who co-ordinated the roster and ensured that in each issue of The Bugle, there was news and views from your location and from tours some of you were lucky to take. Sharing your contributions gave us all a greater understanding into the sights and sounds in a far away land and we greatly appreciated all that came our way to share with all our families. We too were grateful for your support and understanding when welfare issues needed your input. Happy homecomings, safe travels and thanks again.

Carol and Janine

The Donkey in the Well

One day a farmer's donkey fell down a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided that the animal was old, and since the well was non-functional anyway, it wasn't worth trying to retrieve the donkey so he had a bright idea to kill two birds with one stone by burying the donkey in the well.

It was a big job, so the farmer asked his neighbours to come and help,. They all brought a shovel and began to toss dirt into the hole. As the donkey realised what was happening with the dirt raining down on it, it started to bray terribly. Then, to everyone's amazement, the donkey suddenly went very quiet. Some assumed the donkey had decided

to die quietly, or that he had been quickly buried. After a while, the farmer looked down the well and saw something amazing. The donkey was still standing and with every shovel of dirt that hit his back, the donkey would shake it off and step on it. This carried on for some time until the donkey's head appeared over the lip of the well. A few more shovelfuls later the donkey quietly stepped up onto the surrounding grass and trotted off.

The moral of the story is that life will shovel dirt on you. All kinds of dirt. The trick to getting out of the well of trouble is to think clearly, shake off the dirt and then use the dirt to your advantage. Each of our troubles is a stepping stone. We can get out of the wells of trouble by stepping up not by giving up.



Images from Op ANTARCTICA

